

**Crew Off Duty**

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30	FE-1	BREAKFAST
06:40–07:20	CDR	
07:20–07:35		Prep for TV pass ( <b>T<sub>0</sub>=07:20, T1, T2, T3 will be initiated by СПП</b> )
07:35–07:45		<b>TV pass:</b> TV bridge with the United Russia Forum
08:00–11:00		Weekly housecleaning
11:00–12:15	FE-1	Physical exercise (TVIS)
11:30–12:30	CDR	Physical exercise (VELO + Load Trainer-1 / day 3)
12:25–12:30	FE-1	IMS auto import/export
12:30–13:30		LUNCH
13:30–14:00		Weekly planning conference ( <i>S-band</i> )
14:00–14:40	CDR	Maintenance of COЖ
15:25–15:40		Regeneration of Φ1 absorption bed in БМП (start)
18:00–19:30		Physical exercise (TVIS-3)
18:15–19:30	FE-1	Physical exercise (RED)
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

**NOTE:** See OSTP for references to US activities.

End of radiogram